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NSAB Proclaims Its Commitment to Stop Domestic Violence



Photo by Julie Smith

(From left): Senior Chief Master-at-Arms Jason Rakowski, Col. Kevin Glasz, Capt. David Bitonti, Capt. Carrie Sill, Master Chief Patrick Hyde and Command Master Chief Tryone Willis sign NSAB's National Domestic Violence Awareness Month proclamation Oct. 1.

By Julie Smith
NSAB Public Affairs
staff writer

An Oct. 1 ceremony at Naval Support Activity Bethesda (NSAB) marked the month-long observance of Domestic Violence Awareness Month, an event that acknowledges domestic violence victims and encourages others to recommit to ending domestic abuse.

NSAB Commanding Officer Capt. David Bitonti read aloud the base's 2014 Domestic Violence

Awareness Month proclamation before he and several other NSAB and tenant command senior leaders signed it. The action confirmed their dedication to raising awareness and supporting individuals and groups who come forward to break the cycle of violence, the proclamation stated.

"The issue of domestic violence is gender, sex, religion and age neutral. There is no

See **AWARENESS** page 10

Domestic Violence Awareness Month Facts (from the NSAB proclamation)

- One in every four women will experience domestic violence during her lifetime.
- One in every 14 men are physically assaulted by a former spouse or intimate partner.
- 15.5 million children are exposed to domestic violence every year.
- Domestic violence crosses all economic, racial, gender, educational, religious and societal barriers.
- Domestic violence violates an individual's privacy, dignity, security and humanity.
- Domestic violence includes the systematic use of physical, emotional, sexual, psychological and economic control or abuse.

National Fire Prevention Week 2014

Greetings, my name is John E. Gray III and I am the District Fire Chief assigned to Naval Support Activity Bethesda (NSAB). The fire department mission at NSAB is multifaceted. Your fire department responds to all fire, emergency medical services, hazardous materials incidents and specialized rescue incidents on the installation and in the surrounding community. Your fire department also provides fire prevention, public fire safety education and Joint Commission related prevention training to the installation and the tenants here at NSAB. I am truly honored to lead a highly motivated team of firefighters, paramedics, and fire inspectors who ultimately make this fire department second to none.



Gray

As many of you know, this week is National Fire Prevention Week. Fire Prevention Week was established to commemorate the Great Chicago Fire that occurred in 1871 and killed more than 250 people. This year's focus is 'Working Smoke Alarms Save Lives — Test Yours Every Month.' This is a critical message. Our fire prevention personnel will be out and about this week with a fire safety table set up on Main Street, in the medical center, to help us get the word out about this important message. In 2011, U.S. fire departments responded to 370,000 home structure fires. These fires caused 13,910 civilian injuries, 2,520 civilian deaths, and \$6.9 billion in direct fire damage. Cooking is the leading cause of home fires and home fire injuries and smoking is a leading cause of civilian home fire deaths. These facts, provided by the National Fire Protection

Association, are alarming to say the least. Your fire department is asking that each of you take the time to check your smoke detectors and alarms this week. Working smoke alarms cut the risk of dying in reported home fires in half. We also ask that you take the time to talk with your family and ensure that you have an escape plan in the event of a fire. We would like to stress that you practice this escape plan with your family. Almost three-quarters of Americans do have an escape plan; however, more than half have never practiced it. Please feel free to contact our fire prevention staff who will assist you with information in regards to this and any other items related to National Fire Prevention Week.

In closing, your fire department is one of the busiest in Naval District Washington. Last year, we responded to more than 1,300 calls for service, of which 455 of those responses were to support Montgomery County, Md., and the District of Columbia. I ask that in your travels, stop by the fire station or the fire prevention office and speak with your fire department members. They are highly trained and are always willing to lend a hand, regardless of the task. Some say it is in our blood, but our members are passionate about their work. We refer to this as neighbors helping neighbors.

John E. Gray III, CFI
District Fire Chief
Naval District Washington Fire & Emergency Services
Assigned to NSAB & WRNMMC

Bethesda Notebook

Medical Ethics Short Course

Walter Reed Bethesda hosts the 2014 Medical Ethics Short Course Oct. 14-16. The course will be in Memorial Auditorium and offer 21 hours of bioethical training. Topics to be covered include history/principles of bioethics, ethical issues in pediatric medicine, approaches to health care ethics consultations and spirituality in health care. For more information, contact Maj. Robert Walter at robert.j.walter26.mil@mail.mil or Chaplain (Capt.) Jesse Adkinson at jesse.t.adkinson.mil@health.mil.

Army Commissioning Brief

The U.S. Army Recruiting Command will host a commissioning brief at Walter Reed Bethesda on Oct. 15 from 8 to 9:30 a.m. in Building 10's Clark Auditorium. Programs that will be discussed include the Interservice Physician Assistant Program, the AMEDD Enlisted Commissioning Program, the Health Professions Scholarship Program, Masters in Social Work and Physical Therapy. Registration is not required to attend, but attendees should sign in and be in their seats by 7:55 a.m. For more information, contact Dr. Eddie Thomas at 301-319-4606 or email eddie.d.thomas3.civ@mail.mil.

Diwali Celebration

A celebration of the Hindu New Year festival of Diwali will take place Oct. 17 beginning at 11 a.m. in the Memorial Auditorium. A traditional Hindu meal will be served after the formal program. For more information, call 301-295-1501.

Domestic Violence Training Workshop

Naval Support Activity's (NSAB) Fleet and Family Support Center will host a domestic violence training workshop Oct. 23 from 8 a.m. to 3:30 p.m. in Walter Reed National Military Medical Center's Memorial Auditorium. Register by Oct. 21 at voicesnolongersilenced.eventbrite.com, call 301-319-4087 or email ffsc@med.navy.mil.

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Protect Yourself and Others: Get Your Flu Vaccine

Beneficiary Flu Vaccine Event Scheduled to Run Through Nov. 7

**By Lt. Col. Sharon M. Beach
Chief, Public Health Nursing
WRNMMC**

Walter Reed National Military Medical Center's (WRNMMC) staff influenza vaccination event lasts through tomorrow. Staff can receive the vaccination in Building 7, second floor, from 6 a.m. to 6 p.m. today and tomorrow.

Staff members must bring their military identification or Common Access Card (CAC) with them to receive the vaccination, and no appointment is necessary.

The beneficiary flu vaccination event is also under way and runs through Nov. 7. The vaccination will be given in Building 9, first floor in front of the Radiology Department from 8 a.m. to 4 p.m.

Influenza (flu) is a contagious re-

spiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection include hospitalization or death. Some people, such as those over 65, young children and people with certain health conditions are at high risk for serious flu complications. The flu usually comes on suddenly and people who have it often feel some or all of these symptoms: fever or chills; cough; sore throat; runny or stuffy nose; muscle or body aches; headaches; fatigue (tiredness); and vomiting and diarrhea (this is more common in children than adults).

Most people who get influenza will recover in a few days to less than two weeks, but some people develop complications (such as pneumonia) as a result of the flu. Pneumonia, bronchitis and sinus and ear infections are examples of complications from flu. The

flu can make chronic health problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic congestive heart failure may experience worsening of this condition triggered by the flu.

Everyone is encouraged to take the following everyday preventive actions to stop the spread of germs.

- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, stay at home for at least 24 hours after your fever is gone except to get medical care or for other necessities (the fever should be gone without the use of a fever-reducing medicine).
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze.

Throw the tissue in the trash after you use it.

- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

The best way to prevent the flu is by getting vaccinated each year. This year's flu vaccine will protect against the influenza viruses that research indicates will be most common during the season. This includes an influenza A (H1N1) virus, an influenza A (H3N2) virus, and one or two influenza B viruses, depending on the flu vaccine you receive.

For more information, call 301-400-0075.

People Always Ask: 'Why Get the Flu Shot?'

**By Bernard S. Little
WRNMMC Public Affairs
staff writer**

Why should people get vaccinated against the flu?

According to the Centers for Disease Control and Prevention (CDC), influenza, commonly called the flu, can lead to hospitalization and death in some extreme cases.

Every flu season is different, and influenza infection can affect people differently, CDC officials add. Even healthy people can get very sick from the flu and spread it to others.

The timing of flu is very unpredictable and can vary from season to season, according to CDC and Walter Reed Bethesda health care providers. Flu activity most commonly peaks in the U.S. between December and February. However, seasonal flu activity can begin as early as October and continue to occur as late as May.

"During a regular flu season, about 90 percent of deaths occur in people 65 years and older," the CDC indicates.

Everyone 6 months of age and older is encouraged to get the flu vaccination as the first and most important step in protecting against the disease, says Lt. Col. Sharon M. Beach, an Army Public Health Nurse and chief of Public Health Nursing at Walter Reed Bethesda. She added although there are different flu viruses; the seasonal flu vaccine is designed to protect against the main flu virus-

es that research suggests will cause the most illness during the upcoming flu season. People should begin getting vaccinated soon after the vaccine becomes available, ideally by October, to ensure that as many people as possible are protected before flu season begins, she added.

Vaccination to prevent influenza is particularly important for those at high risk of serious complications from flu, including: children younger than 5, but especially those younger than 2 years old; adults 65 years of age and older; and pregnant women, according to the CDC.

In addition to getting vaccinated, Beach recommends taking preventive actions to avoid getting the flu. These actions include staying away from sick people and washing your hands to reduce the spread of germs. If soap and water are not available, use an alcohol-based hand rub. In addition, cover your nose and mouth with a tissue when you cough or sneeze, and throw the tissue in the trash after you use it. Also, avoid touching your eyes, nose and mouth because germs spread this way.

Beach also says if you do become sick with flu, stay home from work or school to prevent spreading it to others.

For more information about the flu, visit the CDC website <http://www.cdc.gov/flu/protect/keyfacts.htm>.

Get Your Flu Shot Now!



Tackling Fitness



Photo by Rachel Larue

Alfred Morris, running back for the Washington Redskins, works with children from military families during an NFL Play 60 event on Fort Belvoir, Va., Sept. 30. Play 60 encourages children to be active for at least 60 minutes a day.

The Combined Federal Campaign is Underway!

Visit DCMilitary.com/CFC for a complete preview and a full list of participating charities that need your support through donations to help those in need.

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dcmilitary★com

The screenshot shows the DCMilitary.com website with a prominent banner for the Combined Federal Campaign (CFC). The banner includes the following elements:

- Top Navigation:** Links for Weather, Traffic, Advertise, Contact Us, RSS feeds, and a search bar.
- DCMilitary.com Header:** Logo and navigation links for Installations, Newspapers, Base Guides, Jobs, Autos, Classifieds, CFC, Education, Calendar, and Contents.
- Post Pentagon Row Apartment Homes:** A section advertising apartment homes in Arlington, two stops from the District, near the Pentagon City Metro Station.
- The Combined Federal Campaign:** A central banner featuring a quote from Army veteran Christy Gardner: "Without the support of DAV, we may not have a team. I love the opportunity to be part of a unit again." It also includes the IDAV Charitable Service Trust logo and website.
- VFW Foundation:** A section providing support for urgently-needed programs and services to veterans, military service personnel, and their families.
- Lupus Foundation:** A section titled "what's missing in this puzzle?" encouraging support for the Lupus Foundation of America's Combined Federal Campaign (CFC) #10566.
- Call to Action:** A prompt to "Please fill out your CFC Card" with the number WWIA #94512.

Homeland Security Secretary Outlines Mission, 'Strikes a Balance'

by Michelle L. Gordon
JBAB Public Affairs

When the Secretary of Homeland Security spoke at the 2014 Air Force Association's Air and Space conference Sept. 17, he discussed the department's multipronged mission, as well as the strategy for identifying potential threats.

Secretary Jeh Johnson was confirmed as the nation's fourth Secretary of Homeland Security nearly nine months ago, but this is not his first experience with either public service or national defense. Johnson also served as the General Counsel for the U.S. Air Force and was General Counsel for the Department of Defense.

"I left Washington and went back to New York City in January 2001," said Johnson. "Nine months later was 9/11 —which changed my life. I came back to Washington in early 2009, and at that point, our national security had changed dramatically. We had Al-Qaeda, and part of my job was essentially the legality of war and peace. So for four years, I had to sign off on a lot of counterterrorism opera-

tions, and I saw a lot of virtue in the air power that was being developed when I was General Counsel for the Air Force eight years before."

Johnson said he once again sees the importance of that air power in his current position as the secretary of homeland security — a department that was created in the wake of 9/11. The department's five core missions include: securing and managing the nation's borders, enforcing and administering immigration laws, safeguarding and securing cyberspace, ensuring resilience to disasters, and most notably, preventing terrorism and enhancing security.

"The terrorist threat to our homeland has evolved over the past 13 years since 9/11," he said. "Back then, it was all about al-Qaeda and a relatively conventional command and control structure. Now, the terrorist threat is more decentralized, in many ways, more complex — ISIL being the most prominent example on the world stage right now. We must take the fight to ISIL, and air power will once again be dominant in this fight. The



U.S. Navy photo by Michelle L. Gordon

Secretary of Homeland Security Jeh Johnson discussed the department's strategy for identifying potential threats at the 2014 Air Force Association's Air and Space conference Sept. 17.

United States Air Force will once again be called upon to defend our nation and protect our homeland."

In addition to detecting and

defeating terrorist activities overseas, Johnson also discussed the importance of border security and immigration, cybersecurity, as well as federal

responses to natural disasters. However, he said his biggest concern continues to be domestic-based acts of terrorism.

"The good news is that over the last 13 years, I believe that we have done a good job detecting threats at their earliest stages from overseas," he said. "However, because of the slick recruitment efforts by terrorist organizations overseas, we need to focus on domestic-based acts of terrorism — the lone wolf — such as the events at the 2013 Boston Marathon. In many ways, this type of terrorist threat is harder to detect, because it can strike at any moment."

Johnson assured the crowd that his team will remain ever-vigilant and ready, because, as he said, they, along with their colleagues in the department of defense, have the most important mission, homeland security and public safety.

"I've discovered homeland security means striking a balance every day," he said. "We are doing our best to strike that balance and to preserve the things that are worth protecting and worth fighting for."

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*Bureau of Labor Statistics, U.S. Department of Labor, *Occupational Outlook Handbook* report on Information Security Analysts (Job Outlook, 2012 -2022). Published Date: Jan. 8, 2014.

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Sergeant Audie Murphy Club Inducts Newest Member

By Bernard S. Little
WRNMMC Public
Affairs staff writer

Described as a non-commissioned officer who "has set the standard for all future NCOs who will come behind her," Staff Sgt. Andrea D. Hartline was inducted into the Sergeant Audie Murphy Club (SAMC), the Command Sgt. Maj. Jack L. Clark Jr. Chapter, during a ceremony Oct. 3 in Memorial Auditorium at Walter Reed Bethesda.

The Sergeant Audie Murphy Club, named after one of the most decorated Soldiers in U.S. Army history, is an organization of U.S. Army NCOs who are leaders in the Army and in their communities. Leadership, achievement and performance, as well as a desire to improve the lives of Soldiers, are the hallmarks of SAMC, according to Sgt. 1st Class Gloria Butler, president of the Command Sgt. Maj. Jack L. Clark Chapter of SAMC.

The Command Sgt. Maj. Jack L. Clark Jr. Chapter of SAMC is named for the 13th command sergeant major of the U.S. Army Health Services Command and Army Medical Command who served in those positions from February 2003 to July 2003. Before that, Clark was command sergeant major of the former Walter Reed Army Medical Center, a predecessor to Walter Reed National Military Medical Center (WRNMMC). Clark passed away from cancer in 2004.

In introducing Hartline for induction into SAMC, Sgt. 1st Class Jonathan Colon, one of her leadership staff, said she is not only a standard-bearer, but is "very easy to talk about because of the excellent things she has done."

Colon said upon her arrival at WRNMMC in 2012, Hartline became the non-commissioned officer-in-charge (NCOIC) of the neuropsychological testing service. "She immediately took



Photos by Bernard S. Little

Staff Sgt. Andrea D. Hartline, non-commissioned officer-in-charge of Walter Reed Bethesda's inpatient psychiatry service, is inducted into the Sergeant Audie Murphy Club (SAMC), the Command Sgt. Maj. Jack L. Clark Jr. Chapter, during a ceremony Oct. 3 in Memorial Auditorium.

charge and she showed that service what being an NCOIC is about." He added in 2013 with "a lot of heartache," her section released when she was hand-selected to be the enlisted executive assistant to the WRNMMC chief of staff, a job that Colon said she performed exceptionally well, hearing nothing but positive comments about the staff sergeant.

After the year-long assignment as the WRNMMC chief of staff's enlisted executive assistant, Hartline became the NCOIC for inpatient psychiatry service, a sergeant first class position, Colon said. "That says a lot about who she is as an NCO," he con-

tinued about Hartline, who made Army staff sergeant in four years. "That is almost unheard of, especially in our [military occupation specialty]," he added.

Also last year, Hartline was named the NCO of the Year for the U.S. Army Element at Walter Reed Bethesda. Upon receiving the award, she said, "Excellent leadership and mentorship contributed greatly to my success. I have been extremely lucky in my career because I have had some amazing NCOs who 'kicked me out of the door,' so to speak, and made me jump on every opportunity, whether it was training, boards, competition, military



Staff Sgt. Andrea D. Hartline receives a congratulatory handshake from one of her leadership staff, Sgt. 1st Class Jonathan Colon, after he introduces her for induction into the Sergeant Audie Murphy Club (SAMC), the Command Sgt. Maj. Jack L. Clark Jr. Chapter, during a ceremony Oct. 3 in Memorial Auditorium.

education, etc. Without strong leadership, dedication, and motivation, I would not be where I am today."

Originally from Burnsville, Minn., Hartline enlisted in the Army in June 2009 and will soon attend drill sergeant school.

"The Army got it right because this is the epitome of an NCO who is an example for our young Soldiers," Colon said.

Guest speaker at the SAMC induction ceremony, Command Sgt. Maj. Benjamin Scott, encouraged all service members to strive for discipline and excellence.

"Your walk talks and your talk talks, but your walk talks more than your talk talks," said Scott, senior enlisted leader for the U.S. Army Northern Regional Medical Command. "Don't let a fail become a failure. Taking care of people... that is being a leader. Enforcing the standards...that is being a leader," he added.

Scott called Hartline, along with other NCOs,

the standard-bearers for discipline and excellence. "You are the example of what excellence is. I didn't say you are perfect, for you will make mistakes." He explained excellence requires "giving 100 percent at whatever you do; going beyond the standard; going the extra mile; giving more than the minimal effort; not giving up; not avoiding any task; and taking every challenge to heart."

"The true goal in excellence is to do the best that you can do in everything that you do," Scott continued. In addition, he said excellence requires using one's talents and gifts to help others. "Excellence is not a skill, but an attitude," he said.

The original Sergeant Audie Murphy Club was started at Fort Hood, Texas, in 1986. It has since grown into an Army-wide organization. The club's motto, "You lead from the front," comes from a quote attributed to Audie Murphy.

The SAMC crest in-

cludes the letters SAMC (Sergeant Audie Murphy Club); three stars representing "Be," "Know" and "Do" (the core of an Army NCO's professional spirit); the American bald eagle; the laurel representing the individual achievement of the NCO in the club; the lightning bolt representing swift and decisive action taken by NCOs; the sword to represent a historical reference and is the symbolic tool of the NCO to cut to the heart of the matter and to lead the charge; the U.S. Army staff sergeant stripes representing the highest enlisted rank attained by Audie Murphy; and the powder-blue streamers, representing the color of the infantry (Murphy's Army branch) with the words of the NCO philosophy (Loyalty, Caring, Discipline, and Professionalism).

Upon induction into SAMC, Soldiers receive a medallion with the image of Audie Murphy suspended by a broad powder-blue ribbon representing the color of the infantry. The medallion is worn around the neck on the outside of the Class A or Dress Blue uniform for official functions such as military balls or SAMC meetings.

Members of the Command Sgt. Maj. Jack L. Clark Jr. Chapter of the SAMC are dedicated to community service, according to Sgt. 1st Class Garrin Harlan, vice president of the chapter. He explained members of the chapter volunteer at mentors at Woodlawn Elementary School in northern Virginia, support the Fort Belvoir (Va.) Child, Youth and School Services Fitness Challenge, the Best Police Challenge Program, and serve as guardians for honor flights for arriving veterans at local airports visiting the National Capital Region.

Navy Updates Professional Reading Program

By Mass Communication Specialist 2nd Class (SW/AW/IDW)

Ashanté Hammons
NSAB staff writer

The show “Reading Rainbow” focused on the value of reading. Whether it was imagining a different world, doing some time traveling through history, painting a picture, or even learning a new hobby, the reader created the adventure.

Service members hold a special sense of pride towards their branch of service. That feeling grows as they learn about their place in history and how they changed the world. As they become a part of history, they must learn about the past. One way to get started is by choosing to read about the impact of America’s Navy. For that reason, Naval Support Activity Bethesda (NSAB) recently enrolled in the Chief Naval Officer’s Professional Reading Program (CNO-PRP), which includes a variety of books to help Sailors gain more insight about where they came from, where they are now and where they are going.

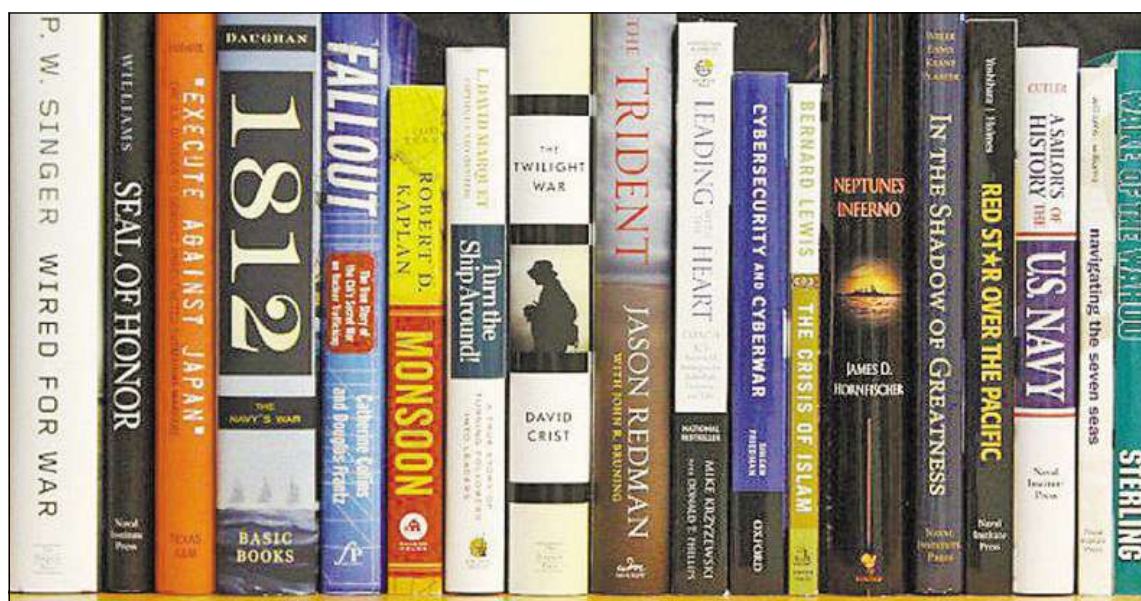
CNO Adm. Jonathan Greenert updated the CNO-PRP in conjunction with the Navy’s

237th birthday. Not only are the books more accessible to Sailors, the program moved away from ranked-based recommendations and simplified the selection of books into two categories: essential and recommended reading. The essential reading list will be sent to commands as hard copies. The recommended reading list can be assessed through Navy Knowledge Online or as electronic books.

According to Senior Chief Petty Officer Jason Rakowski, NSAB’s senior enlisted leader, the command has received one copy of each book for the program and encourages all Sailors and civilians to participate in it.

“I would like for participants to utilize it in the way that best suits them, whether it be a discussion group or individual reading on their own,” said Rakowski. “There are multiple benefits to this program, like reading, which can improve your knowledge and critical thinking skills, expand your vocabulary, reduces stress and can be enjoyed for little-to-no cost.”

The revamped CNO-PRP has categorized books by the CNO’s three tenets: “Warfight-



Graphic courtesy of navyreading.dodlive.mil

ing First. Operate Forward. Be Ready.” According to Rakowski, each book will help Sailors gain a better understanding of the Navy’s history and heritage. It will also provide Sailors an understanding of current and future operating environments.

“If I can encourage even just one person who doesn’t normally read to become interested in reading, while at the same time making them more knowledgeable about our Navy, the program will be successful,” Rakowski emphasized.

The program was developed to facilitate professional development and encourage a life-long habit of reading and learning among all Sailors. Books include history, fiction, inspirational and patriotic titles, biographies and classics on military strategy and theory.

“I just started reading 1812,” said Rakowski. “Being from Baltimore [Md.], The War of 1812 has always fascinated me and this was the first war for our Navy after it was reestablished. That war demonstrated

the need for and benefits of a well-equipped and well-trained Navy, and cemented our legacy as a maritime power. Once I have completed that one I may move onto Seal of Honor. My goal is to read each of the books before I PCS in 2016.”

For those interested in participating in the CNO-PRP, please contact Senior Chief Petty Officer Jason Rakowski at jason.rakowski@med.navy.mil or 301-319-8897.

Team Navy Brings Home 28 Medals from Warrior Games 2014

By Robin Hillyer-Miles
Fleet and Family
Readiness Public Affairs

The 39 seriously wounded, ill and injured Sailors who competed on Team Navy won 28 medals - including 12 gold medals - at the fifth annual Warrior Games Sept. 28 - Oct. 4 in Colorado Springs, Colorado.

“The premise of the Warrior Games is that, for these athletes, their best days are still ahead of them,” said the Honorable Juan M. Garcia, III, assistant secretary of the Navy (Manpower and Reserve Affairs), who attended part of the Warrior Games. “Once you are part of the Navy and Marine Corps family, it doesn’t expire - that’s for the rest of your life.”

Among the highlights of this year’s Warrior Games was Team Navy’s gold-medal win against the Marines in sitting volleyball Oct. 2. After two tight sets, Team Navy stormed ahead in the third set to sink the Marines 2-1 (26-24, 20-25, 15-6). It was the team’s first medal in sitting volleyball since the inception of the



U.S. Navy photo by Mass Communication Specialist 2nd Class Martin L. Carey

U.S. Navy and the Special Operations Command sitting volleyball teams compete during the Warrior Games.

Warrior Games.

“I’m still on cloud nine,” said Team Navy sitting volleyball coach Rik Mullane at the conclusion of the match. “I am just so happy for these guys and girls. They worked so hard.”

Team Navy also excelled in the track and field competition Oct. 2 at Fountain Fort Carson High School’s Garry Berry field, winning seven gold, six silver and two bronze medals. During

the final event of the day, four members of Team Navy clinched gold after a stunning performance in the men’s 4 x 100-meter relay. The wounded warrior athletes came from behind to complete the race in just 48.15 seconds.

“One thing I absolutely love about the Warrior Games is it’s not a pity party,” said retired Navy Hospital Corpsman 3rd Class Redmond Ramos, who won

several medals in track. “I like to say: It’s not a bunch of disabled people who are competing, it’s a bunch of people competing who are disabled. And I think that makes a huge difference. This is a tough competition and we’re all here to win.”

“It’s just a great experience to be here with people who have been hurt, but they’re not letting it stop them,” he added.

In shooting competitions Oct. 3 at the Olympic Training Center, Team Navy scored three gold medals and one silver medal. Navy Airman Sadie Strong became only the second female ever to win gold in a Warrior Games shooting event, finishing at the top in the air rifle prone (open) finals. Retired Navy Explosive Ordnance Disposal Technician 1st Class John Kremer repeated last year’s gold medal win in the air rifle prone (SH1) competition, and retired Navy Lt. j.g. Laura Root also won gold for a second consecutive year, besting her competition in the air rifle standing (open) category.

“I’m just so glad I got to come to the Warrior Games again, and

to be able to compete in a sport I love,” said Root.

The Navy wheelchair basketball team also received a bronze medal on Oct. 3 after fiercely battling and ultimately falling to the Army the previous day.

Thirty-nine wounded warrior athletes competed on behalf of Team Navy this year. The Warrior Games brought together approximately 200 service members with upper-body, lower-body, spinal cord injuries, traumatic brain injuries, visual impairments, serious illnesses and post-traumatic stress who participated in seven sports.

Team Navy is sponsored by Navy Wounded Warrior (NWW) - Safe Harbor, the Navy and Coast Guard’s wounded warrior support program.

To learn more about NWW, the Warrior Games and adaptive athletics, visit <http://safeharbor.navylive.dodlive.mil>; call 855-NAVY WWP (628-9997) or email navywoundedwarrior@navy.mil. Follow NWW on Facebook (www.facebook.com/navysafeharbor) and Twitter (@navysafeharbor) for the latest news about Team Navy.

Army Nurse Corps Association Visits WRNMMC

By Sarah Marshall
WRNMMC Public
Affairs staff writer

Striving to preserve Army Nurse Corps history and traditions, members of the Army Nurse Corps Association (ANCA) visited Walter Reed Bethesda on Oct. 2. During their visit, members were welcomed by leadership and staff during a ceremony in Memorial Auditorium.

Established in 1977, the ANCA is a voluntary organization of, by and for the U.S. Army Nurse Corps officers, supporting the goals of the Army Nurse Corps. Members include retired as well as current and previous active duty Army nurses of all Army components: active, reserve and National Guard.

"Sitting here in this room is a tremendous

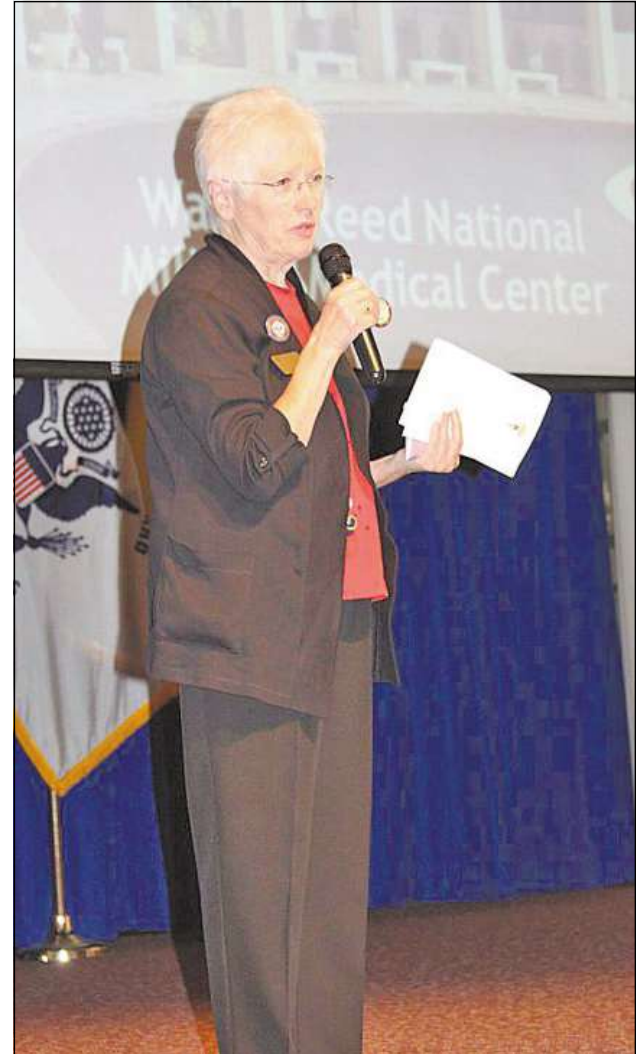


Following a ceremony at Walter Reed Bethesda on Oct. 2, ANCA member retired Brig. Gen. Dorothy Pocklington speaks with peri-operative nursing's senior enlisted leader Sgt. 1st Class Paul Messier. Pocklington was the first female brigadier general, and played a key role in mobilizing more than 20,000 Army nurses and enlisted personnel in the reserve for duty in the Persian Gulf War.

amount of history and leadership," said Col. Ray Antoine, director of

nursing at Walter Reed National Military Medical Center (WRNMMC).

In 1899, the Surgeon General set criteria for a reserve force of nurses,



Photos by Sarah Marshall

Retired Lt. Col. Amy Johnston, ANCA president, expresses her appreciation for the opportunity to visit Walter Reed Bethesda on Oct. 2. During her career, she served with the 67th Evacuation Hospital in Vietnam, as well as at Letterman General Hospital at the Presidio in San Francisco. She also served as the assistant chief nurse with the 28th Combat Support Hospital for Desert Storm before retiring in 1995.

but the Spanish-American war proved without a reserve force there would be a nursing shortage during wartime. Thus on Feb. 2, 1901, the Nurse Corps became a permanent corps of the Medical Department, under the Army Reorganization Act. Army nurses continue to serve with dignity and courage in a multitude of roles, continuously striving for excellence, according to the U.S. Army Medical Department website.

Antoine noted the importance of instilling leadership in our nurses today.

"We recognize our responsibility to continue to develop leaders, full spectrum leaders, leaders who you can take and can place in different

environments, and they will still be successful," he said. He added, "We hope to do justice by you as we develop extraordinary leadership."

Antoine went on to brief the ANCA group on nursing at the nation's medical center. He explained they're involved in many innovative programs, such as Project SERVE, which launched in March to enhance long-term care for returning troops and families. Through the initiative, WRNMMC joined forces with Auburn University to begin training their nursing students and faculty so they can see how we provide care to our wounded warriors, Antoine said. Ultimate-

See **NURSE** page 9

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Photo courtesy of the American Red Cross

NURSE

"To see all those young folks, standing tall and so proud, was very, very moving," Johnston said.

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AWARENESS

Continued from pg. 1

reason why we all shouldn't be united on this front," Bitonti explained. "We have the ability to take action and we have the ability to make a difference."

During the ceremony, NSAB Fleet and Family Support Center (FFSC) Clinical Case Manager Amelia Good-year outlined the founding of Domestic Violence Awareness Month. The observance began in 1981 as the Day of Unity, organized by the National Coalition Against Domestic Violence. That same year, the Department of Defense (DOD) published directive 6400.1, establishing the Family Advocacy Program in response to issues of child abuse and domestic violence in the military.

The Day of Unity quickly grew into a week-long event and in October 1987, the nation commemorated the first Domestic Violence Awareness Month. Two years later, Congress passed legislation to make Domestic Violence Awareness Month a permanent annual observance during the month of October. However, it wasn't until 1994 that the Violence Against Women Act (VAWA) was signed into law. The color purple is associated with efforts to raise awareness about

domestic abuse and Domestic Violence Awareness Month.

The day before the ceremony at NSAB, President Barack Obama issued a presidential Domestic Violence Awareness Month proclamation outlining new protections for victims of domestic violence under the Affordable Care Act, which includes free physical screenings and counseling, expanded housing assistance and new safeguards for lesbian, gay, bisexual and transgender Americans.

"We recommit to offering a helping hand to those most in need and we remind them that they are not alone," Obama continued.

Bitonti noted the resources available aboard NSAB to help victims of domestic violence. They include the FFSC Family Advocacy Program and licensed clinical counselors, base chaplains, base security and military health care providers. There are also resources outside the gates, like Military One Source (800-342-9647; www.militaryonesource.com), the National Domestic Violence Hotline (800-799-SAFE; www.thehotline.org), and local city and state agencies.

"We can break the cycle. We can help people get help. We can step up. We can speak up. We can make sure all those voices are no longer silenced," Bitonti said.

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